



*"Where the Land, Food
and People Come Together"*

Hello from Three Rivers Community Farm!

6.29.15

The CSA Season Is Underway!

Harvest News

Dear CSA Member,

I woke around 1 AM Sunday morning to a very familiar sound that I am beginning to full-on dread. A 20% chance of rain turned into another inch of rain at the farm; another inch on top of 3 inches on Wednesday and 1 inch on Thursday. I don't mean to sound like a broken record but as my son put it last week, "When is it going to stop raining!" The summer of 2015 will definitely be remembered as one of the wettest in our farming career.

Our focus this last week on the farm was to get in all our alliums. Alliums are a family of vegetables that consist of onions, garlic, shallots, green onions, etc. Unfortunately, we lost half our onions to rot, a lot of the big ones in fact. While we were harvesting them, you would pull up an onion, grab the top, and then immediately here the juicy squish of a rotten onion. As a result, we will only have onions for a few weeks this year (hopefully give out enough for one recipe a week), and most of them are going to be on the small side. As a CSA farmer, you can't win them all (we grow over 50 crops), but losing so many onions was a sharp sting considering how much work goes into planting them!

On the other hand (and this is why it is so great to be a CSA farmer - there are plenty of wins!) our garlic crop this year is phenomenal. It took us two mornings last week to harvest the garlic, and we still don't have it all processed and hung. We process the garlic by cutting off the roots which were caked in mud this year and bundle them in groups

of seven with baler twine. Then we hoist them one by one up to the rafters of our barn where they will hang for the next month or so. This curing process draws all the flavored garlic sap down from the leaves and concentrates it in the bulb. The garlic is more flavorful and will store through most of the winter after going through this 4 week dry down. Look for garlic in your share just as tomatoes are starting to peak.

Speaking of tomatoes, our cherry tomatoes have finally started turning in earnest. However, the slicing tomatoes have been in full-on protest, refusing to turn until they see some sun and warmer weather for more than a day or two. It looks like they will get their wish this week! As soon as enough tomatoes start turning, we promise to send them your way!

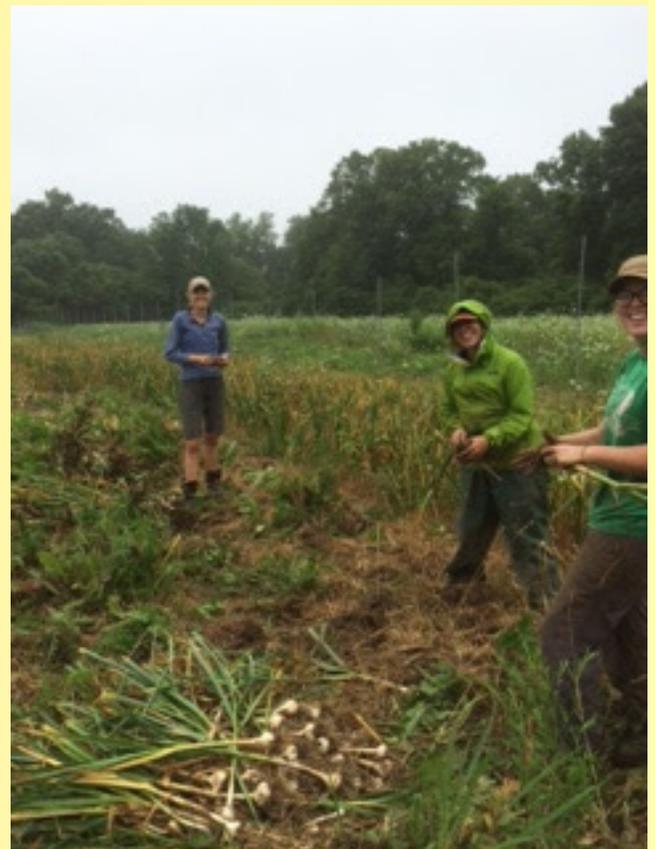
Enjoy the harvest!

Amy, Segue, Diego, and Lydia
and our hard working crew: Rachelle, Nora, and John

Life on the Farm



Just half of the garlic harvest!



Garlic harvest!

Life on the Farm



Buckwheat cover crop providing habitat for lots of pollinators.

Local Thyme Recipes

Chef Patricia Mulvey will provide you with recipes for your weekly CSA box. In addition to recipes, she is providing helpful storage and preservation tips for your vegetables.

Be sure to create your free account by following the above instructions to have access to all the benefits of Chef Patricia's website!

If you don't have a Local Thyme account, here are some recipes to try!

Eggplant and Zucchini Parmesan

Servings: 6 Prep Time: 40 mins Cook Time: 60 mins Total Time: 1 hr 40 mins

Ingredients

2 cups Marinara Sauce

1 Eggplant, cut lengthwise into 1/4 -inch slices

1-2 Zucchini, cut lengthwise into 1/4 -inch slices

2 Egg, lightly beaten

2 tablespoons Milk
1/2 cup Flour
2 cups Bread crumbs
3/4 cup Grated Parmesan Cheese, divided use
1/2 pound Mozzarella Cheese, sliced
Olive Oil, for frying

Instructions

Set up a breading station for your eggplant. Put the flour in one plate and season with salt and pepper. Crack the eggs into a bowl, whisk in the milk, and season with salt and pepper. Stir together the breadcrumbs with 1/4 cup Parmesan cheese and season with salt and pepper. Dredge a slice of eggplant or zucchini in the flour, shaking off any excess, then dredge it in the egg mix, allowing excess to drip off, then dredge in the breadcrumbs. Put the breaded veggies on a plate, and repeat process with remaining slices of veggies.

Warm a large frying pan over medium high heat, and pour in olive oil to about 1/2 inch deep. When a wooden spoon inserted into the oil puts off little bubbles, the oil is ready to fry the eggplant and zucchini.

Carefully place slices of veggies into the hot oil and fry for about 3-5 minutes per side until golden brown. Drain on towels, and repeat process until all the eggplant and zucchini are fried.

Preheat oven to 350°. Ladle a little tomato sauce into the bottom of an 8 x 8 baking dish. Arrange eggplant and zucchini to form first layer of dish, then another ladle full of sauce, then lay slices of mozzarella and a sprinkle of Parmesan over it, repeat process 2 more times.

Bake until bubbling hot and lightly browned on top, about 30 minutes. Allow to rest for 10 minutes, then slice and serve.

Moroccan Shredded Beet and Carrot Salad

Servings: 8 Prep Time: 20 mins Total Time: 20 mins

Ingredients

1 bunch Beet, peeled
1/3 pound Carrot, about 2 medium carrots
1 head Lettuce
1/2 cup Golden Raisin
1/2 teaspoon Paprika
1/2 teaspoon Cumin
1/2 teaspoon Cinnamon
Pinch Cayenne
1/4 cup Lemon Juice
4 teaspoons Honey

1/2 cup Extra Virgin Olive Oil
Salt and Pepper
2 tablespoons Cilantro, chopped, optional

Instructions

Using the shredding dish of a food processor or a box grater, shred the beets and carrots. Place them on a bed of torn lettuce leaves, sprinkle with raisins. In a small bowl whisk together remaining ingredients, and toss salad.

Rice Bowl with Eggplant and Steak

Servings: 4 Prep Time: 15 mins Cook Time: 15 mins Total Time: 30 mins

Ingredients

1.5 cup Rice
1/4 cup Hoisin Sauce, use gluten free, if desired
1 tablespoon Lime Juice
1 tablespoon Soy Sauce or Tamari, use gluten free, if desired
1 teaspoon + 2 tablespoons Toasted Sesame Oil
1 tablespoon Water, warm, for thinning sauce
1 Eggplant or Asian Eggplant, sliced into 1/4 inch slices
3 cloves Garlic , chopped
1.5 pound Sirloin Steak, or chicken or turkey breast
1/4 cup Hoisin Sauce, use gluten free, if desired
1/2 cup Dry Roasted Peanut, optional, chopped
Sriracha Sauce, or hot sauce of choice
4 ounce Mung Bean Sprouts, optional

Instructions

Cook rice according to package instructions.

To prepare sauce, stir together 1/4 cup hoisin sauce, lime juice, soy sauce or tamari, 1 teaspoon of sesame oil, and warm water. Place on the table for passing.

Preheat grill or grilling pan to high heat. Add garlic to 2 tablespoon of oil and hoisin sauce and mix well. Brush eggplant and steak with this mixture. Sprinkle generously with salt and pepper. Grill eggplant and steak on each side -- eggplant for about 4 minutes per side; steak (depending on thickness) for about 5 per side for medium rare. Allow steak to rest a few minutes, then slice the steak and place on serving platter with eggplant, place optional peanuts and sprouts on the plate too. Place rice and meat/veggies on the table.

Allow all to take some rice and top it with ingredients of choice and a drizzle of sauce. Pass hot sauce for those who like it spicy.

Three Rivers Community Farm Stir Fried Vegetables with Soba Noodles and Asian Peanut Sauce

Servings: 6 Prep Time: 15 mins Cook Time: 15 mins Total Time: 30 mins

Ingredients

12-16 ounces Soba Noodles, (For GF, subs. rice noodles)
1/2 cup Peanut Butter, or Sunflower Seed Butter
1/4 cup Soy Sauce or Tamari, use GF brand, if desired
1/4 cup Water
2 tablespoons Lime Juice
2 tablespoons Rice Vinegar
2 tablespoons Light Brown Sugar
1 tablespoon Ginger, freshly grated
1/4 teaspoon Red Pepper Flake
2-3 tablespoons Toasted Sesame Oil
2 Asian Eggplant, chopped to 1 inch pieces
1-2 or more Summer Squash or Zucchini, quartered lengthwise and cut crosswise in 1/2 inch pieces
1/2 cup Onion, chopped
1-2 Hot Pepper, optional, stemmed, seeded and sliced
1/2 cup Dry Roasted Peanut, optional, chopped

Instructions

Cook soba noodles according to package directions, rinsing in cold water afterwards, and allow to drain while preparing other ingredients.

Using a blender, make the sauce by puréeing the peanut butter, soy sauce, water, lime juice, rice vinegar, brown sugar, ginger and red pepper flakes. Reserve.

Preheat a large skillet or wok over high heat. When hot, add 1 tablespoon of the oil and the eggplant. Sprinkle with a pinch of salt and stir fry, until browned and a little sticky. Transfer to bowl.

Return skillet or wok to high heat, and add a little more oil, if needed. Add summer squash and/or zucchini, and onion, and cook for about 4-5 minutes. If pan is too dry, sprinkle 1-2 tablespoons of water to help blanch the vegetables. If using hot peppers, add them during the last minute of cooking. Transfer vegetables to bowl with eggplant.

This can be served warm, room temperature, or chilled. When ready to serve, toss soba noodles with cooked vegetables and peanut dressing. Garnish with chopped peanuts, if desired.

Create Your Local Thyme Account

- Go to www.localthyme.net/register
- Enter the farm code 3RIVFREELT under "I belong to a CSA"
- Click the sign-up button
- Choose our farm and click the sign up button
- Fill in the form with your user name, email address and password
- Click "I Agree" to the terms (this can be easy to miss on small screens like cell phones and tablets)
- Click "register my account"
- Click 'Subscribe' on the next page
- You should see the our farm's logo in the center of the page and a welcome message. Click Home and you should now see a navigation bar that says Home, Week's Plan, Recipes, Veggie Guide, Resources, Support. If you don't see these, please contact pat@localthyme.com with the name of our farm and your pick up day and she will fix your account.



Enjoy the Harvest!

*Your Farmers,
Amy, Segue, Diego, Lydia,
and our hardworking crew: Nora, John and Rachelle*



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